

# ***Eble In-House Hockey***

## **PLEASE NOTE:**

### PROTECTIVE EQUIPMENT NEEDED FOR THE IN-HOUSE HOCKEY PROGRAM:

1. If you have new skates, or skates that have not been used since last year, please have them sharpened before the first practice and game.
2. Make sure to have your stick cut to the right length. Here is how to make sure your stick is the right length:  

If you are standing without skates on, cut the stick at nose height. If you have skates on, cut the stick at chin height. This will help with proper skill development and puck skills. If the stick is too long, players will skate too upright. If the stick is too short, players will skate hunched over. Having the proper stick length will help with all shooting and stick handling drills.
3. Make sure that your skater has a mouth guard.
4. Check to make sure all equipment is in the bag. Here is a rundown of the equipment needed:
  - Helmet with Face Mask
  - Shoulder Pads
  - Elbow Pads
  - Mouth guard
  - Hockey Pants (Breezers)
  - Shin Pads
  - Hockey Socks
  - Skates
  - Hockey Gloves
  - Garter Belt or something to keep the socks up
  - Jock for boys, or Jill for girls
  - Revisable Jerseys will be provided
5. Make sure to try on all of the equipment a few days before the first skate. Doing this will allow you to see what is too small, or what may need to be looked at later on in the season. This will include:
  - Skates- Have your skater stand with their skates on. The big toe should be almost touching the end or toecap of the skate. We recommend purchasing used skates when possible. Check E-bay, craigslist or the Eble bulletin board for used skates if you are thinking about a new pair.
  - Sticks- With young kids just starting out, a wooden stick is the most economical and sometimes the best way for a child to learn the game. Youth wooden sticks come in both right and left curves, and they can also be straight. If you don't know which way your child shoots, or they sometimes switch, buy a straight stick and as they progress, they will instinctually choose which way they will shoot. Sometimes players will have their dominant hand on the bottom, other times they will have it as their top hand on the stick. We will be able to help if you have any questions.
  - Check to make sure that all hardware on the helmet is secure. Tighten the screws and make sure that any clips are in the right spot. Make sure that there are no pressure points on the head. If there are, loosen the top two screws on either side of the top portion of the helmet. Tighten or loosen to where the helmet fits the head proper. Secure the screws in the position needed.